

PILATES

Phone 04 345 2131 Fax 04 345 2132 Web- www.clubstretch.ae



Introductory Package 1200 AED

4 Private Lessons

After completing 2 private mat lessons and 2 private reformer lessons, student will be ready to join beginner level mat and reformer group classes.

For those with previous Pilates experience, we require that you schedule at least one private lesson before joining group classes. This allows us to assess your Pilates knowledge and find a suitable class level for you.

	PRIVATE SOLO	PRIVATE DUET	CHAIR DUET	EQUIPMENT	MAT
Price per Class	330	450 (225/ea)	330 (165/ea)	100	70
5 Package (2 months valid)	1575 (315/ea)	2100 (210/ea)	1600 (160/ea)	475 (95/ea)	340 (68/ea)
10 Package (4 months valid)	3000 (300/ea)	3900 (195/ea)	3100 (155/ea)	900 (90/ea)	650 (65/ea)
20 Package (6 months valid)	5800 (290/ea)	7200 (180/ea)	6000 (150/ea)	1700 (85/ea)	1240 (62/ea)
Pre Natal Duet	300 (150/ea)				
*Open Studio per hour	50				

**The studio is open for self-directed independent workouts space and equipment permitting for students who have demonstrated proficiency at an intermediate level.*

PILATES SCHEDULE – 1 January 2012 onwards

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
08:30 AM		Mat Advanced Susanne	Reformer Intermediate Caroline	Mat Intermediate Brian	Reformer Advance Susanne	Combo Intermediate Brian	
09:30 AM	Mat Intermediate Sheena	Reformer Beginner Sandy	Mat Beg / Int Caroline	Reformer Beg / Int Sheena	Mat Beginner Sheena	Reformer Beg / Int Sandy	Combo Intermediate Rotation
10:30 AM	Reformer Intermediate Susanne/Sandy	Pre Natal All Levels Caroline	Stretch All Levels Susanne	Trainee Class	Pre Natal All Levels Susanne	P/E Advanced Susanne	Trainee Class
11:30 AM	Mat Beginner Sheena					Trainee Class	
12:30 PM	P/E All Levels Susanne/Sandy						
03:30 PM							
04:00 PM							
05:00 PM							
06:00 PM		Reformer Beginner Sheena	Mat Intermediate Sandy	Stretch All Levels Susanne	Mat Beginner Brian		
07:00 PM		P/E All Levels Caroline	Reformer Intermediate Sheena	Mat Advanced Sandy	Teaching Skills Class		
08:00 PM			Mat Beginner Sandy	Mat Intermediate Sheena	Trainee Symposium		

**All group classes must be reserved in advance! Cancellations after 5PM the day before will be charged full price! Instructors subject to change without notice.*

Class level descriptions

Ask your instructor if you have questions about what level class you should be attending. It is recommended to schedule one or more private lessons each month in order to deepen your understanding and also when you feel ready for the challenge of a higher level class.

Beginner

In these classes you will learn the fundamental principles of the Pilates method including proper pelvic/spinal alignment, breath control and use of the deeper muscles of the core to initiate correct movements with coordination, precision, control, and concentration. You will start building the foundation for a strong stable core to provide support in your daily activities as well as prepare you for more challenging exercises to come.

Intermediate

You will be challenged with a faster pace and more layering of new exercises. You will begin to learn to transition quickly between the exercises and link them into a flowing, graceful and efficient workout with increased range of motion as the body becomes stronger and more balanced.

Advanced

For the experienced student who is ready to explore the full repertoire of Pilates exercises in a fast paced class. Students will be challenged to work with greater range of motion while adhering to the concepts of “centring, concentration, control, precision, breath, and flow”. Increased emphasis will be placed on shoulder stability, oppositional energy, spinal articulation, uniform development of the body and smooth flowing transitions between exercises. A vigorous workout that will have you moving continuously from your core for the whole hour!

Class Types

Mat

Exercises are performed on the Pilates mat, improving core control, coordination, standing alignment and balance. These exercises are performed seated or lying down on your back, side or front. Mat work is the foundation of all Pilates exercises.

Reformer

Classes are conducted on a specialized piece of equipment called the Reformer. Clients are lying, kneeling or standing on a moving carriage connected to springs which give resistance and support.

Pole/Equipment Classes

Benefit from the support of spring tension to better develop resilient, powerful muscles, balanced decompressed joints and a powerful and supportive core by exploring the full range Pilates equipment.

Combo (minimum intermediate level on mat and reformer experience)

These classes combine a fast paced mat workout with Pole/Equipment and Reformer exercises and may also include a fun energizing jump-board sequence! Expect to get your heart-rate up and break a sweat!!

Reformer on the Mat (minimum level 4 reformer experience)

Come explore the classical Reformer repertoire on the Mat! A truly challenging class requiring a strong Intermediate/Advanced practice on the Reformer and Mat.

Chair Duet

The low chair is one of the original pieces of Pilates equipment. Take your Pilates to a new place and explore the fun and challenge of the chair. Grab a partner and book in. If you would like to try it out and don't have a partner, let one of the instructors know and we will pair you with someone of a similar level.